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## Q&A: ADD vs. ADHD. What's the Difference?

**Question:** I was diagnosed with ADD, and I'm having trouble finding information on it. There's plenty on ADHD, which I don't have, because I am not hyperactive.

—Man in Nevada

**Question:** The doctor says my son has ADHD, but I don't think that's right. He doesn't get in trouble at school. Is he misdiagnosed? Could he have ADD instead?

—Mother in Illinois



**Answer:** We're sharing these questions together because they represent some of the confusion surrounding the terms "ADD" and "ADHD." The first is an abbreviation for "attention deficit disorder" and the second for "attention

deficit/hyperactivity disorder.” The fact is these two terms are medically the same disorder, not two separate conditions. [Read on.](#)

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## Reprise: Tips for Talking to Children About Scary Events

Following the news of an earthquake in Italy, scary events are once more being discussed by news and social media. Are you looking for ways to talk with your children and teens about current events that are frightening?

A few months ago, we shared a piece on strategies for talking with children about scary events that they learn about in the news or that they may hear about from friends or family. Our readers let us know this was a helpful piece of information. We are happy to share this with you again.

See more on [How to Talk to Your Child About Scary Events.](#)



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## Participate in an ADHD Research Study

How does your medical professional know what works for ADHD? Treatments and interventions that work for ADHD begin with sound research. Volunteers like you can join studies to explore the benefits of new treatment approaches or new medications.



Interested in taking part in a study for a new approach to treatment or to better understand how ADHD affects a person? Research studies that have scientific integrity, advance the body of knowledge about ADHD, and do no harm to participants are posted on CHADD's website. Members of CHADD's Professional Advisory Board review the purpose, methodology and funding type of the studies that are submitted by researchers before they can be posted on CHADD's site.

Discover a study you are eligible to participate in by selecting your state at [Research Studies.](#)

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## CHADD Young Scientist:

## Where are They Now? Part Two

During the past eight years, 19 researchers have received CHADD's Young Scientist Research Award during its annual international conference on ADHD. Last week we shared the stories of our first group. We are pleased to share the stories of an additional group of recipients.



CHADD recognizes new researchers in the ADHD field who are making contributions that further our understanding of ADHD with its Young Scientist Research Award. Many of the recipients said they felt CHADD's prestige and the award helped further their careers in ADHD research. [See part two of where they are now.](#)

## How to Succeed in the Workplace

Some adults with ADHD have very successful careers. But for others, the symptoms of ADHD can create a variety of challenges, including poor communication skills, distractibility, procrastination, and difficulty managing complex projects. Here are some of the challenges and tips to overcome them. [See more tips.](#)



# ADHD *in the News*

- Racial, ethnic disparities persist for kids with ADHD
- Trying (and failing) to pin down racial disparity in ADHD diagnosis
- Childhood ADHD and adulthood alcohol problems: The role of emotional impulsivity
- Early exposure to too much manganese causes attention deficits in rats

Read these and other articles in the [ADHD in the News weekly digest.](#)

## Did You Know?

Tooth grinding has been linked to ADHD. A 2009 study published in *Sleep* found that teens diagnosed with ADHD earlier in life were more likely to have sleep problems and disorders, such as such as insomnia, sleep terrors, snoring, and bruxism (teeth grinding). Read more about [sleep and ADHD](#).



# Be Extraordinary

#CHADD2016

Annual International  
Conference on ADHD

Costa Mesa, CA  
November 10-12, 2016



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